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Metrics in the Kitchen

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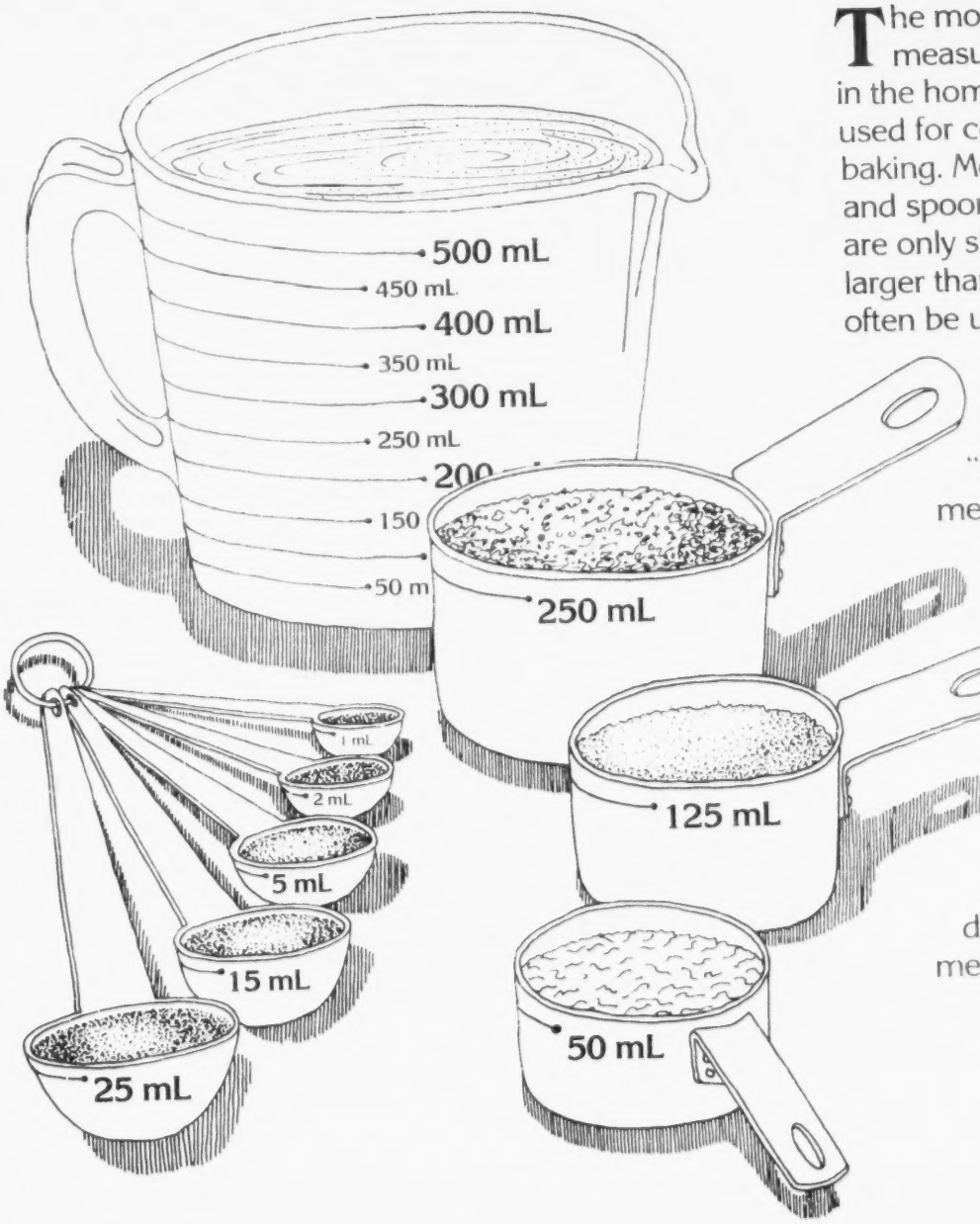

The most frequent measurements made in the home are those used for cooking and baking. Metric "cup and spoon" measures are only slightly larger than, and can often be used interchangeably with, the customary "cup and spoon" measures. There are only a few ingredients that are now measured by weight (pounds and ounces) that will be expressed differently in metric recipes.

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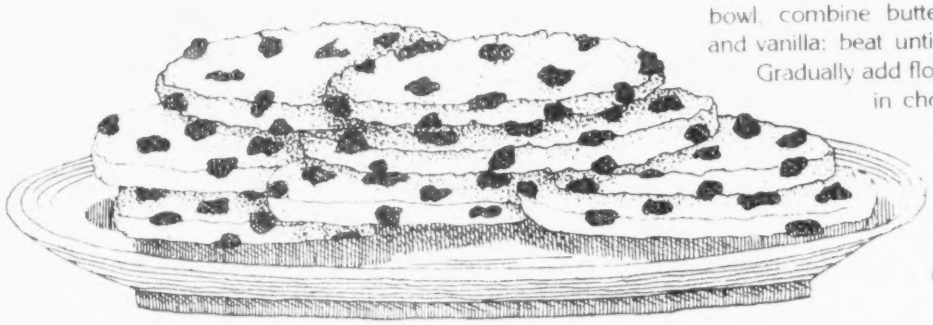
READEX FICHE best copy available

"Metric Chocolate Chip Cookies"

Recipe reprinted from Living With Metrics, courtesy of Metric Digest Association, Inc., Philadelphia, Pennsylvania

550 mL	unsifted flour
5 mL	baking soda
5 mL	salt
250 mL	butter or margarine, softened
175 mL	granulated sugar
175 mL	firmly packed brown sugar
5 mL	vanilla extract
2	eggs
2	168-gram packages semisweet chocolate chips (500 mL)
250 mL	chopped nuts



Preheat the oven to 190° C. In small bowl, combine flour, baking soda, and salt; set aside. In large bowl, combine butter, sugar, brown sugar, and vanilla; beat until creamy. Beat in eggs. Gradually add flour mixture; mix well. Stir in chocolate chips and nuts. Using 5 mL measure, drop by rounded measures onto ungreased cookie sheet. Bake 8 to 10 minutes. Makes 100 5-cm cookies.

Liquid and Dry Measure Equivalencies

Customary	Metric	
1/4 teaspoon	1.25	milliliters
1/2 teaspoon	2.5	milliliters
1 teaspoon	5	milliliters
1 tablespoon	15	milliliters
1 fluid ounce	30	milliliters
1/4 cup	60	milliliters
1/3 cup	80	milliliters
1/2 cup	120	milliliters
1 cup	240	milliliters
1 pint (2 cups)	480	milliliters
1 quart (4 cups, 32 ounces)	960	milliliters (.96 liters)
1 gallon (4 quarts)	3.84	liters
1 ounce (by weight)	28	grams
1/4 pound (4 ounces)	114	grams
1 pound (16 ounces)	454	grams
2.2 pounds	1	kilogram (1000 grams)

Oven Temperature Equivalencies

Description	°Fahrenheit	°Celsius
Cool	200	90
Very slow	250	120
Slow	300-325	150-160
Moderately slow	325-350	160-180
Moderate	350-375	180-190
Moderatly hot	375-400	190-200
Hot	400-450	200-230
Very hot	450-500	230-260